



Orange-Sesame Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon mustard hot chinese (such as Ty Ling brand)
- ☐ 0.5 cup orange juice fresh (2 large oranges)
- ☐ 0.3 cup rice wine vinegar
- ☐ 2 tablespoons sesame seed

☐ 1 teaspoon sugar

Equipment

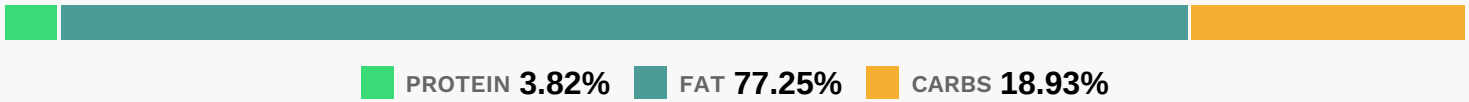
☐ bowl

☐ whisk

Directions

☐ Combine first 7 ingredients in a medium bowl. Slowly drizzle oils into juice mixture, stirring constantly with a whisk.

Nutrition Facts



Properties

Glycemic Index:44.85, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:2.7230434728705%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 79.11kcal (3.96%), Fat: 6.79g (10.44%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 125.27mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin C: 10.5mg (12.73%), Copper: 0.12mg (6.11%), Vitamin E: 0.85mg (5.67%), Manganese: 0.1mg (4.77%), Vitamin K: 3.48µg (3.32%), Magnesium: 13.1mg (3.28%), Calcium: 31.67mg (3.17%), Vitamin B1: 0.05mg (3.03%), Selenium: 1.93µg (2.76%), Iron: 0.48mg (2.68%), Phosphorus: 24.32mg (2.43%), Folate: 8.98µg (2.24%), Fiber: 0.47g (1.9%), Vitamin B6: 0.04mg (1.86%), Potassium: 59.88mg (1.71%), Zinc: 0.24mg (1.6%), Vitamin B3: 0.22mg (1.1%)